

ABSTRACT

Automated computer backup to a DVD. A DVD backup disc contains a backup program that executes upon insertion of the DVD in a computer. The DVD is preconfigured with a computer program having computer executable instructions for determining data to be
5 stored. The DVD also contains instructions for transferring the data to the back-up disc; and instructions for identifying the data transferred to the backup disc. A method of archiving data in a computer to a high-density optical backup disc is therefore provided by reading an executable command from a back-up disc, determining data to store to the back-up disc
10 responsive to the command, transferring the data to the backup disc, and identifying the data transferred to the backup disc.